



VEGAN BROWNIE CHOCOLATE CHEESECAKE WITH FRESH BLACKBERRIES

INGREDIENTS

DIRECTIONS (1)

Tip#1: Prepare the flex egg(s) the day before and refrigerate

1:2 ratio – 1 tbsp white chia seeds to 2 tbsp water – in this case – mix the 3 tbsp of white chia seeds with the 6 tbsp of cold bottled or filtered water

Tip#2: Soak the cashew nuts overnight with double the amount of filtered or purified water – 2: 4 ratio. Refrigerate if soaking overnight.

Soak for a minimum of 4 hours on top of the counter.

Drain the soaking water and rinse well before adding the nuts to the composition.

Brownie Ingredients:

- 1 can (398 ml/ can) - org black beans
- 2 cups (280 g) - org almond flour – gluten-free
- 1 cup (240 ml) – org coconut cream (full fat)
- 1 cup (140 g) – org dark chocolate chips – GF and peanut free
- ½ cup (75 g) – org raw cacao powder
- ½ cup (120 ml) – org raw coconut oil
- ½ cup (120 ml) – org pure maple syrup
- 6 tbsp - bottled or filtered water
- 3 tbsp - white chia seeds (for the flex egg)
- 1 tbsp - org chocolate extract
- 1 tsp - baking powder
- 1 tsp – baking soda
- 1 tsp – apple cider vinegar
- ½ tsp - pink himalayan salt

Brownie Prep:

Pre-Heat oven to 350° F (180°C) degrees.

Add baking sheet onto a greased 12-Inch round Springform baking pan.

Step 1

Add ALL the following ingredients straight into the blender:

- Black Beans (first drain and rinse well with cold water)
- Coconut cream
- Coconut oil
- Maple syrup
- Flex eggs (3)
- Raw cacao powder
- Chocolate extract
- Himalayan salt

Blend well stopping and scraping the sides of the blender as needed. The composition should blend fairly well due to the majority of the wet ingredients.

Step 2

Pour the blended composition into a kitchen bowl and ADD the remaining ingredients in the following order:

- Almond flour
- Baking powder
- Baking soda
- Apple cider vinegar

First, use a large spatula to help incorporate the dry ingredients into the wet mixture. Once incorporated use a whisk to help mix all the ingredients until reaching a smooth and creamy composition.

The composition should be firm enough that it should stick to the whisk and not drip (as a runny mixture would).

Step 3

Last, add the dark chocolate chips and use the spatula again to incorporate into the mixture.

Pour the beautiful chocolate mixture into the pan, even out the top, and bake at 350° F (180°C) degrees for 40-45 minutes.

Let rest for at least 30 minutes before proceeding to top up (*do not remove* the baked brownie cake from the springform pan).

PREP TIME: 20 MINS
COOK TIME: 55 MINS
REST TIME: 30 MINS
TOTAL TIME: 65 MINS +
OVERNIGHT REFRIGERATION
(OR MIN. 6 HOURS)
SERVES: 14-16

VEGAN
GLUTEN-FREE
REFINED SUGAR-FREE

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INGREDIENTS

Chocolate Cheesecake Ingredients:

3 cups (360 g) – raw cashews (unsoaked) –
making approx. 4 cups after soaking period
1 can (13.5 oz/ 400 ml) – org coconut milk (with
full fat cream)
1/3 cup (65 g) – org raw cocoa
1/4 cup (60 ml) – org pure maple syrup
1/4 cup (25 g) – org whole coconut butter
1 tbsp – org chocolate flavour
1/2 tsp – pink himalayan salt

PREP TIME: 20 MINS
COOK TIME: 55 MINS
REST TIME: 30 MINS
TOTAL TIME: 65 MINS +
OVERNIGHT REFRIGERATION
(OR MIN. 6 HOURS)
SERVES: 14-16

VEGAN
GLUTEN-FREE REFINED SUGAR-
FREE

DIRECTIONS (2)

Chocolate Cheesecake Prep:

Step 1

Add ALL listed ingredients straight into a high-speed blender. Blend for up to 3-4 minutes with short 10-20 seconds breaks until the cashew cream becomes smooth and creamy. You may need to scrape down the sides of the blender during the 10-20 seconds break intervals. Set aside.

Brownie Chocolate Cheesecake Assembly:

Extra ingredient needed:

6 oz (170 g) – fresh organic blackberries

Plus

3 oz (85 g) for topping the cake

Step 1

Once the brownie cake has cooled down for at least 30 minutes, add washed and dried fresh blackberries.

Top the brownie cake starting on the outside edge of the cake, and working towards the interior, arranging the blackberries in circles (see pictures included on the blog post).

Step 2

Add the creamy chocolate mixture on top of the blackberries layer, and fill up to the top of the pan.

Using a flat spatula even out the chocolate mixture to spread between the layer of blackberries.

The cake is now ready to refrigerate overnight or for at least 6 hours.

Step 3

Once the refrigeration period is complete, and the cheesecake layer has set and firmed up, you can top up the cake with more fresh blackberries, shaved chocolate, or whatever you would like.

I recommend you use more fresh blackberries; the juiciness of the fresh blackberries complements the richness of the cake.

Enjoy! :)

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